With Love From Menstrupedia

ADI & ANKU
LEARN TO STAY SAFE

The body safety guide for preschoolers

ADI & ANKU
LEARN TO STAY SAFE

The body safety guide for preschoolers

Adi and Anku have reached home after having a fun day at school. But today, they are going to learn something really important at home.

Let's find out!

ABOUT THE AUTHORS

Aditi Gupta and Tuhin Paul are pioneers in making puberty education mainstream in India. They are the authors of Menstrupedia Comic and Gulu, which are essential guides to puberty for preteen girls and boys. They are themselves the loving parents of two wonderful kids.

In 2012, they founded Menstrupedia to make it easy for parents and teachers to provide puberty education. Their educational tools are currently used by over 25,500 schools in India and have reached millions of students, empowering them with knowledge and understanding of puberty. Menstrupedia's resources are also widely used in more than 27 different countries, collectively touching the lives of over 15 million children and women worldwide.

Aditi Gupta is a TED speaker, a Forbes India 30 Under 30 achiever, and was named as one of the BBC's 100 most influential women in 2015. The remarkable work of Aditi and Tuhin has been featured in prestigious publications such as The Wall Street Journal, Time magazine, Reuters, CNBC, and the BBC.

Published by Menstrupedia Technologies Pvt. Ltd
Copyright © 2023 by
Menstrupedia Technologies Pvt. Ltd
All rights reserved. No part of this book may be used or reproduced in any manner whatsoever without written permission.

Mail your questions or comments to:
contact@menstrupedia.com
Visit our website at www.menstrupedia.com

Author: Aditi Gupta, Tuhin Paul
Illustrator: Tuhin Paul, Aishwarya Shah, Siddhanth Verma
Content Development: Hannah Mary George
Medical consultant: Dr. Himanshu Agarwal, Paediatrician
Production: Pragnesh Desai

Printed in India.
Print: Nov, 2023
First Print: June, 2023

This book is not intended to replace the advice of or treatment by physicians, psychologists, or other health-care professionals. It should be considered as an additional resource only. Questions and concerns about mental or physical health should always be discussed with a doctor or other health-care provider.

TIP FOR PARENTS

If your child is too young to read, you can read the book to them aloud while simultaneously displaying the accompanying pictures.

CONTENTS

PAGE

Private body parts 03

Unsafe situations 05

Steps to follow when unsafe 09

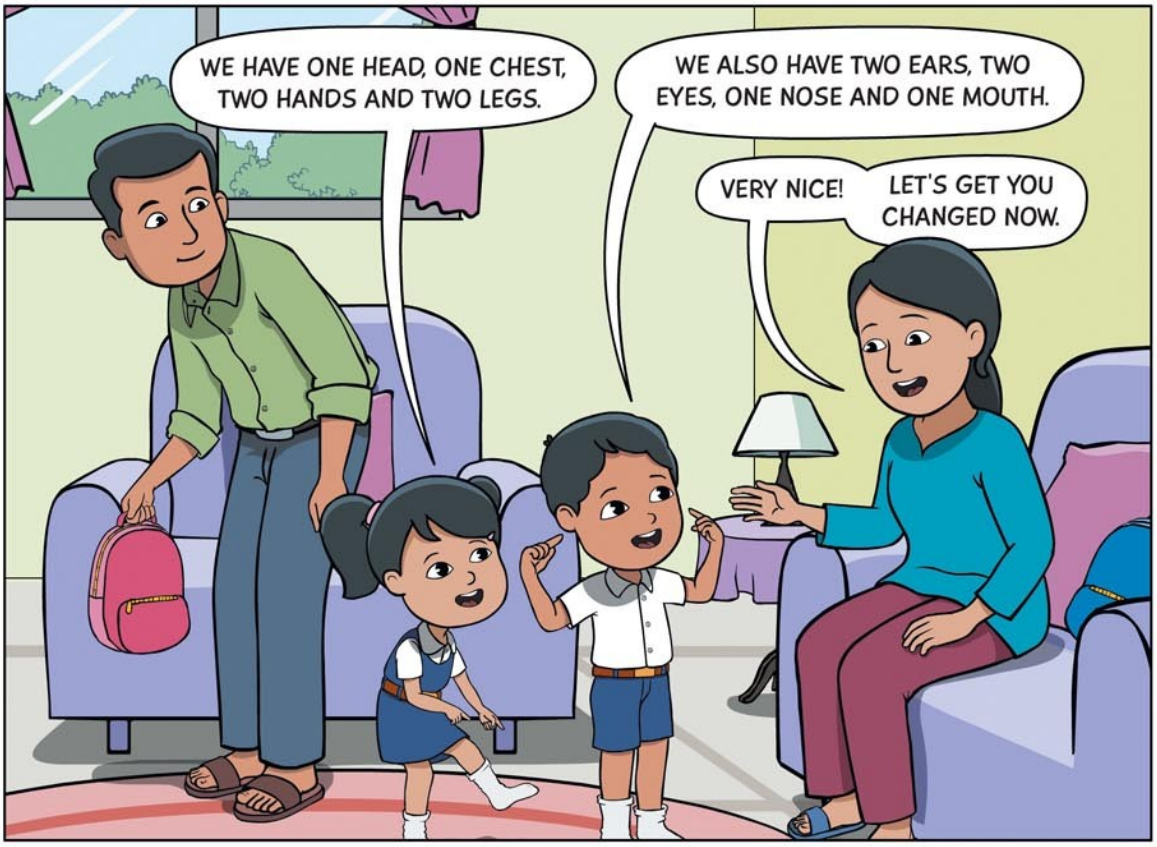
Whom to reach out to when unsafe 11

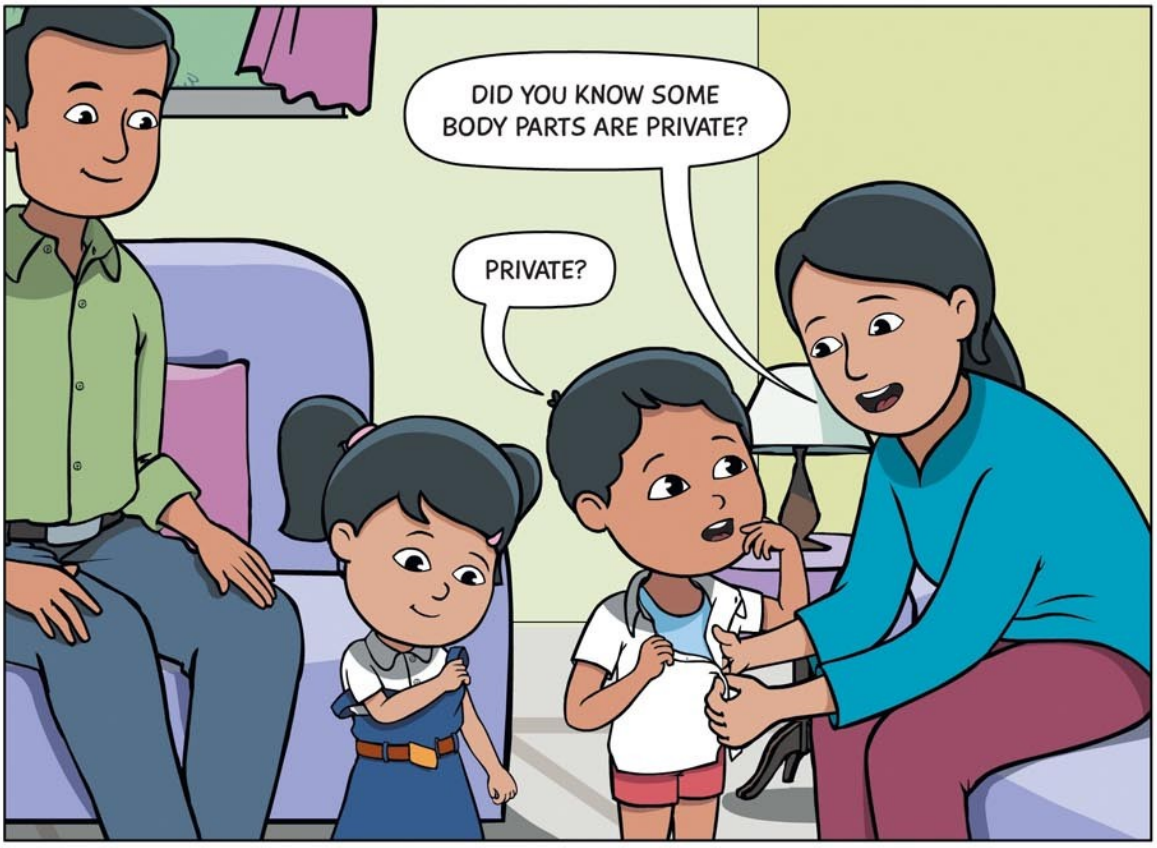
Worksheet 18

Notes for parents and teachers 19

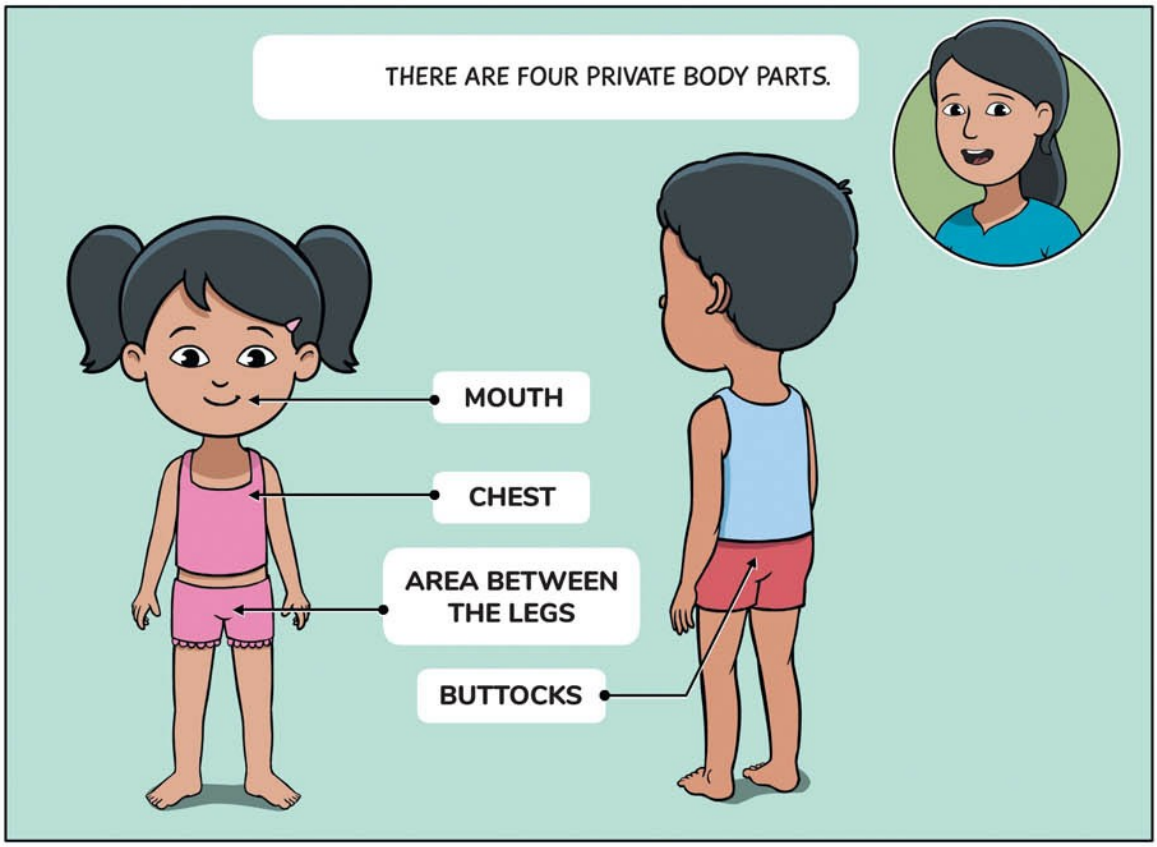
HI! HOW WAS YOUR DAY?
HI, MA!
WE HAD FUN.

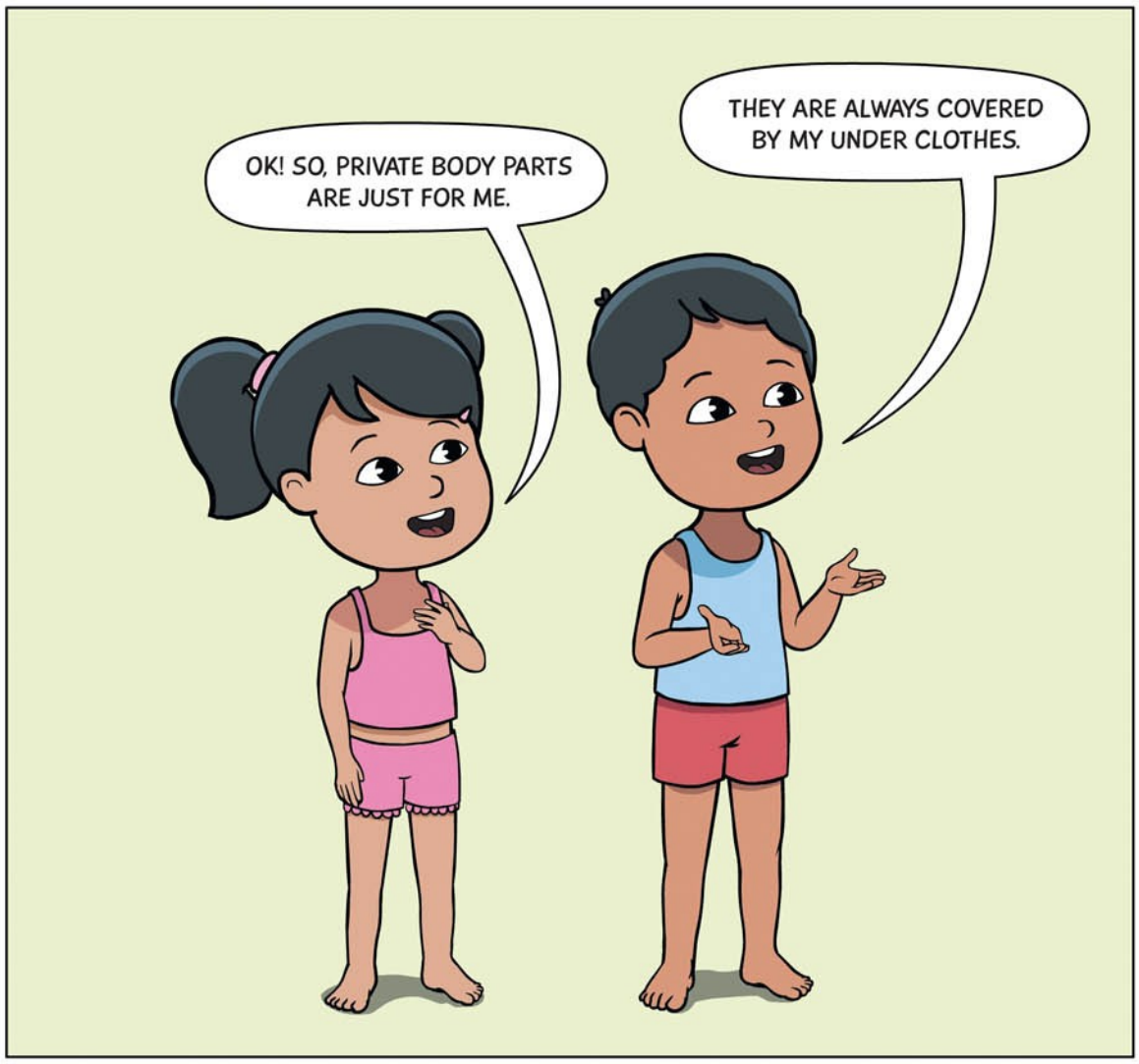
WE LEARNT ABOUT OUR
BODIES TODAY.
REALLY? WHAT DID
YOU LEARN?

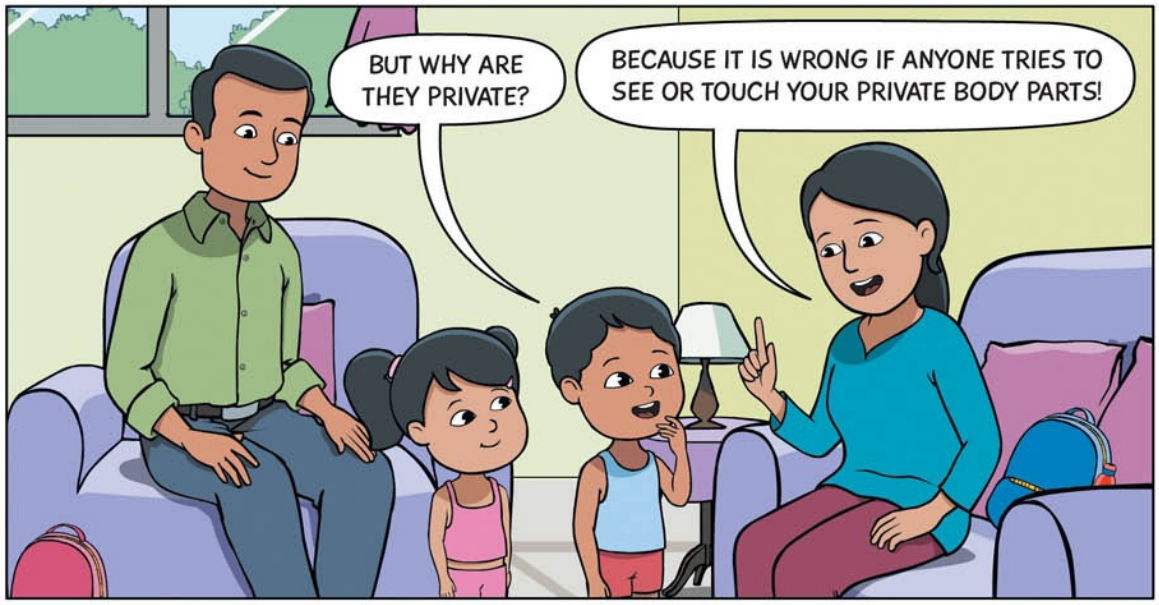

WE HAVE ONE HEAD, ONE CHEST, TWO HANDS AND TWO LEGS.
WE ALSO HAVE TWO EARS, TWO EYES, ONE NOSE AND ONE MOUTH.
VERY NICE!
LET'S GET YOU CHANGED NOW.


DID YOU KNOW SOME BODY PARTS ARE PRIVATE?
PRIVATE?

PRIVATE MEANS **JUST FOR YOU.**
IT INCLUDES YOUR MOUTH AND ALL PARTS COVERED BY YOUR UNDER CLOTHES.


THERE ARE FOUR PRIVATE BODY PARTS.
MOUTH
CHEST
AREA BETWEEN THE LEGS
BUTTOCKS


OK! SO, PRIVATE BODY PARTS ARE JUST FOR ME.
THEY ARE ALWAYS COVERED BY MY UNDER CLOTHES.

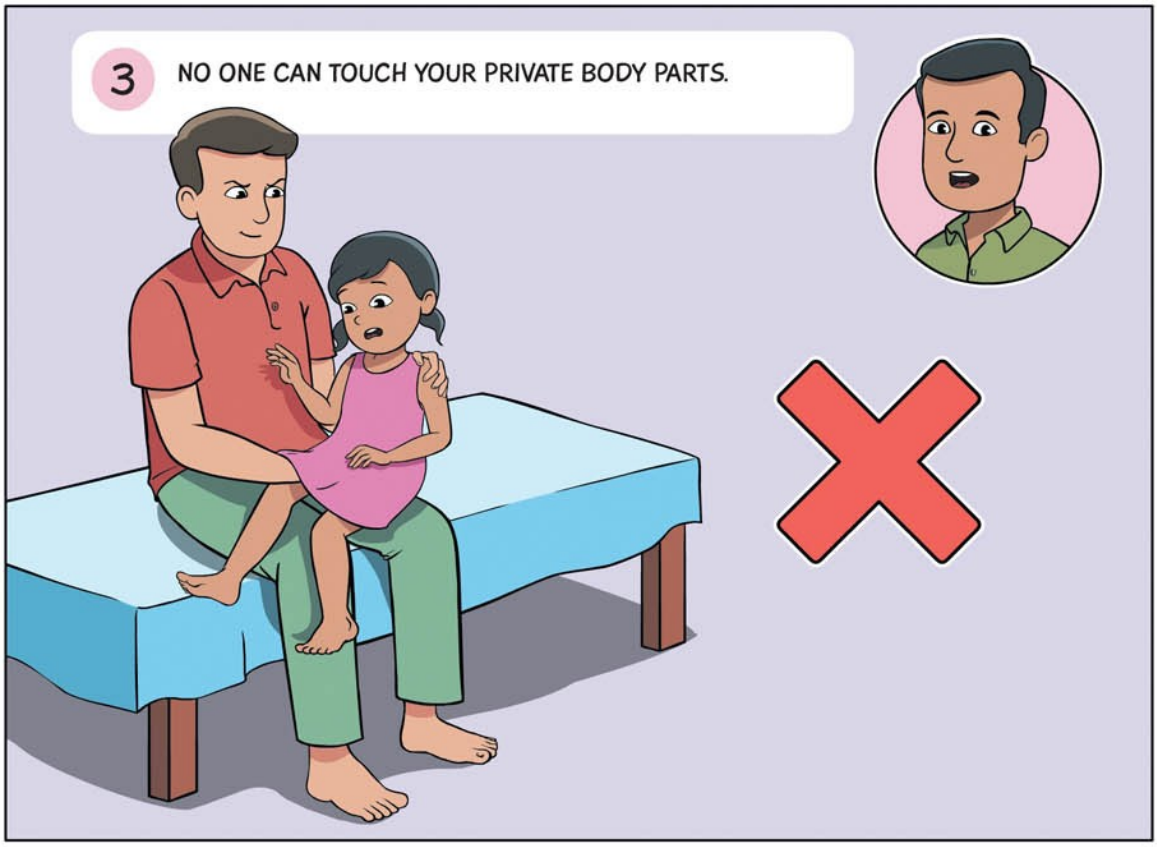

BUT WHY ARE THEY PRIVATE?
BECAUSE IT IS WRONG IF ANYONE TRIES TO SEE OR TOUCH YOUR PRIVATE BODY PARTS!

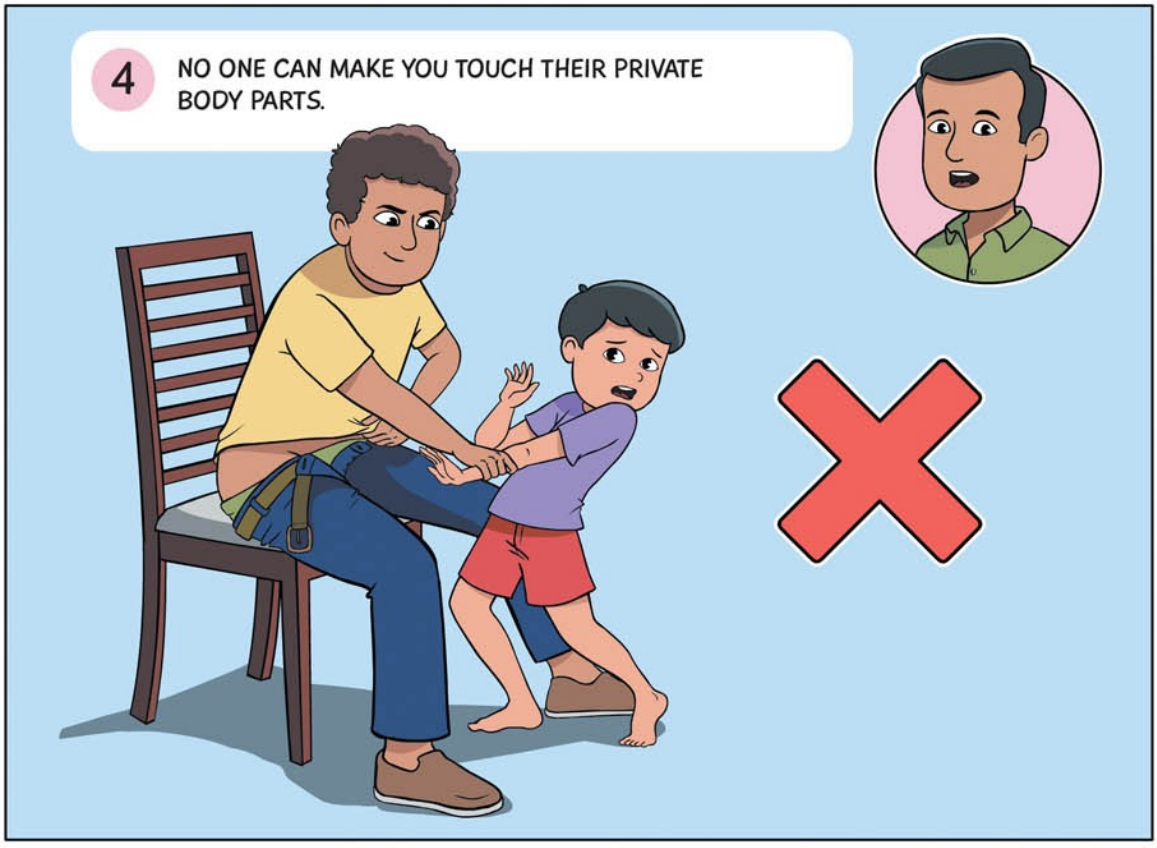
ALWAYS REMEMBER THE
NO SEE AND NO TOUCH RULE!

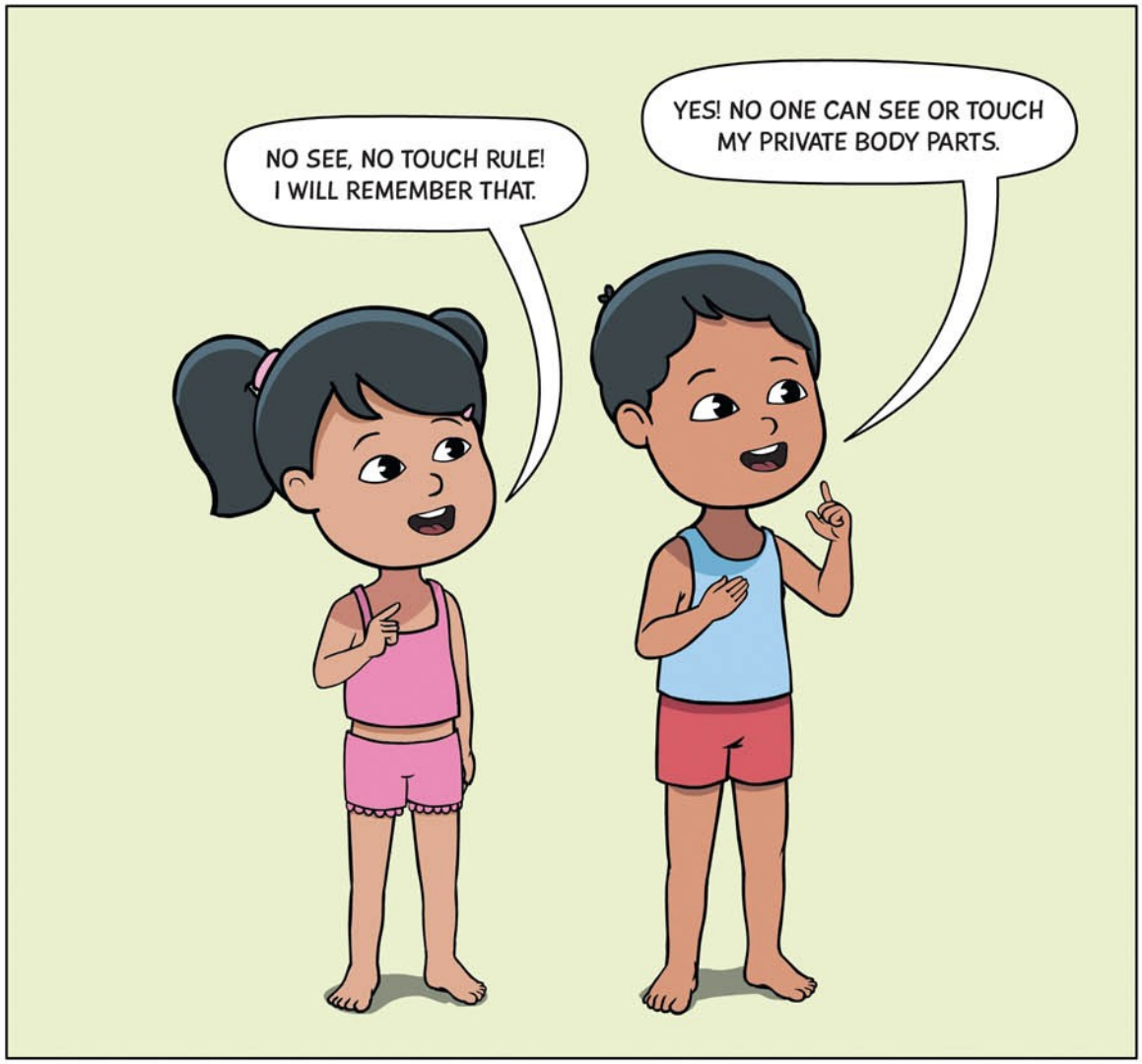
NO SEE AND NO TOUCH RULE?
WHAT IS THAT?
LET ME EXPLAIN.

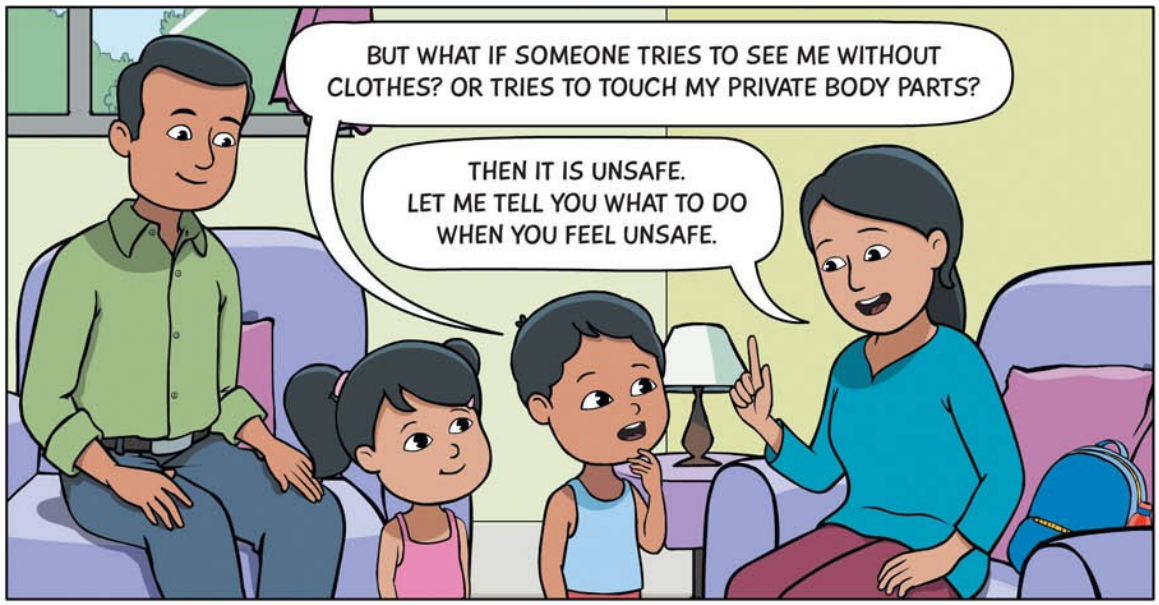
1
NO ONE CAN SEE YOU WITHOUT CLOTHES.

2
NO ONE CAN MAKE YOU SEE THEM OR OTHERS WITHOUT CLOTHES.


3
NO ONE CAN TOUCH YOUR PRIVATE BODY PARTS.


4
NO ONE CAN MAKE YOU TOUCH THEIR PRIVATE BODY PARTS.


NO SEE, NO TOUCH RULE!
I WILL REMEMBER THAT.
YES! NO ONE CAN SEE OR TOUCH
MY PRIVATE BODY PARTS.


BUT WHAT IF SOMEONE TRIES TO SEE ME WITHOUT
CLOTHES? OR TRIES TO TOUCH MY PRIVATE BODY PARTS?
THEN IT IS UNSAFE.
LET ME TELL YOU WHAT TO DO
WHEN YOU FEEL UNSAFE.

REMEMBER THESE THREE STEPS: **NO, GO AND TELL**

1

NO

SHOUT NO!

2

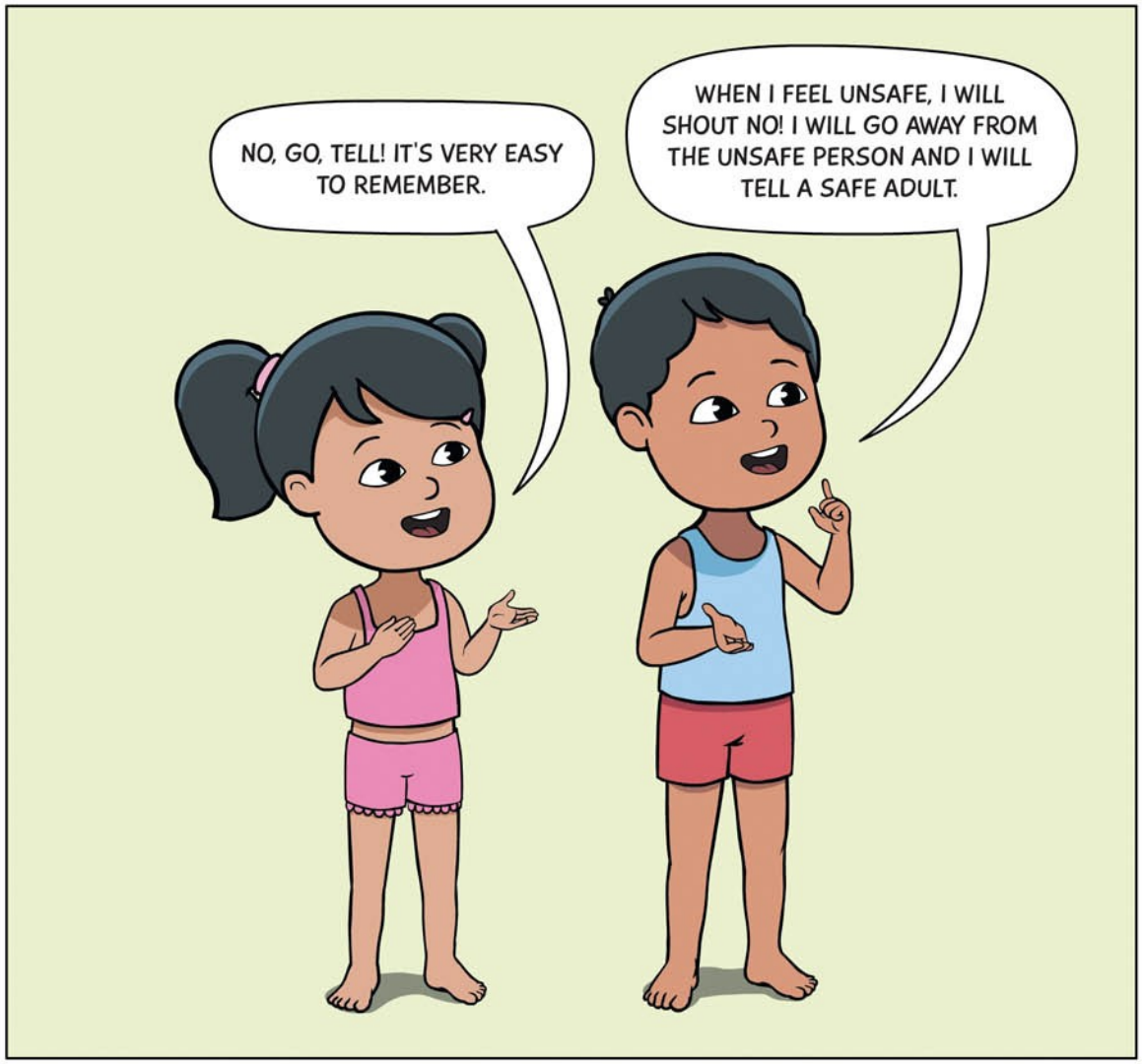
GO

GO AWAY FROM THE UNSAFE PERSON.

3

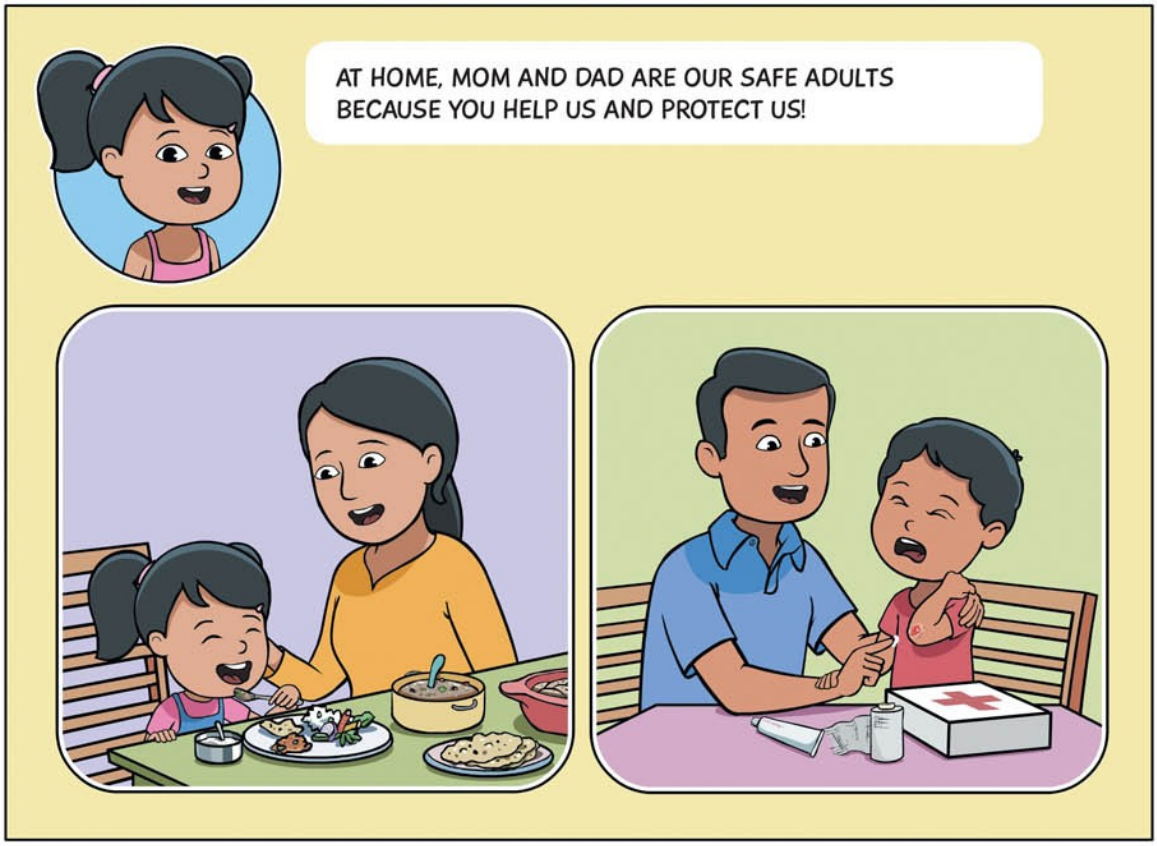
TELL

TELL A SAFE ADULT.

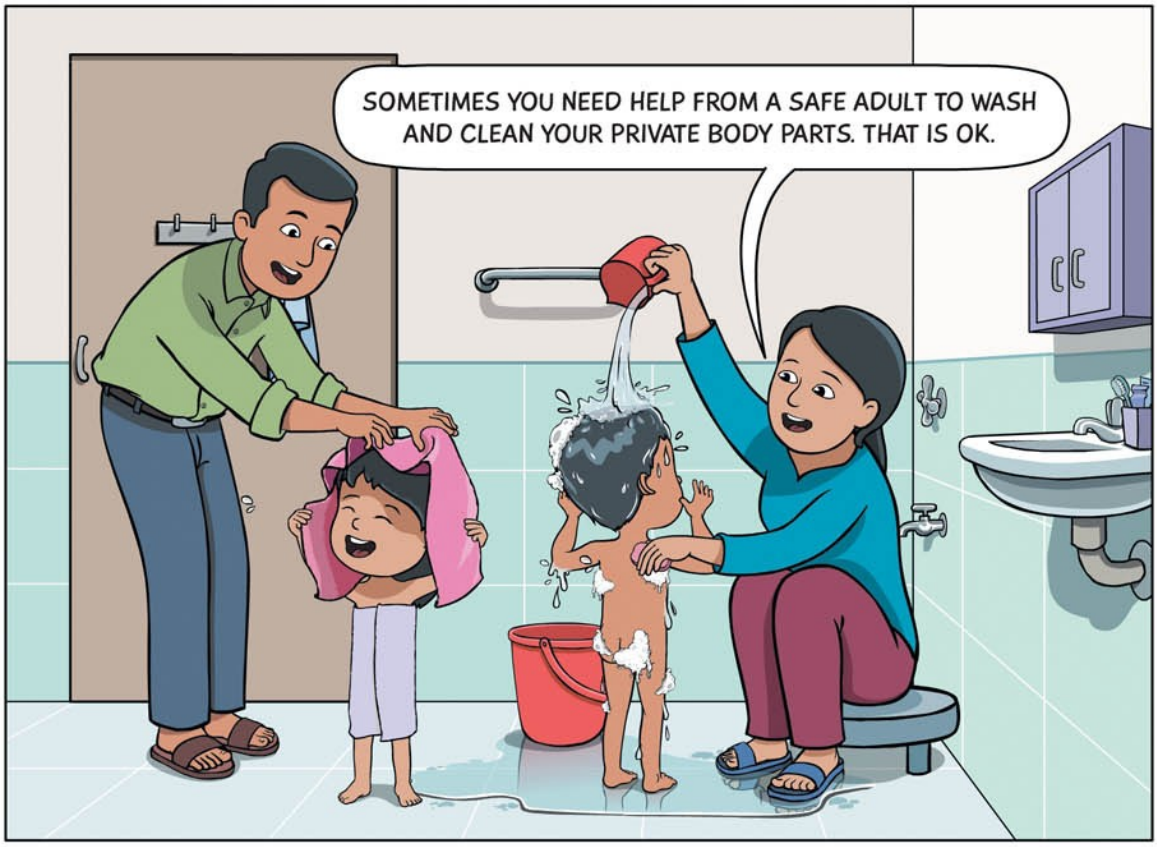

NO, GO, TELL! IT'S VERY EASY TO REMEMBER.
WHEN I FEEL UNSAFE, I WILL SHOUT NO! I WILL GO AWAY FROM THE UNSAFE PERSON AND I WILL TELL A SAFE ADULT.

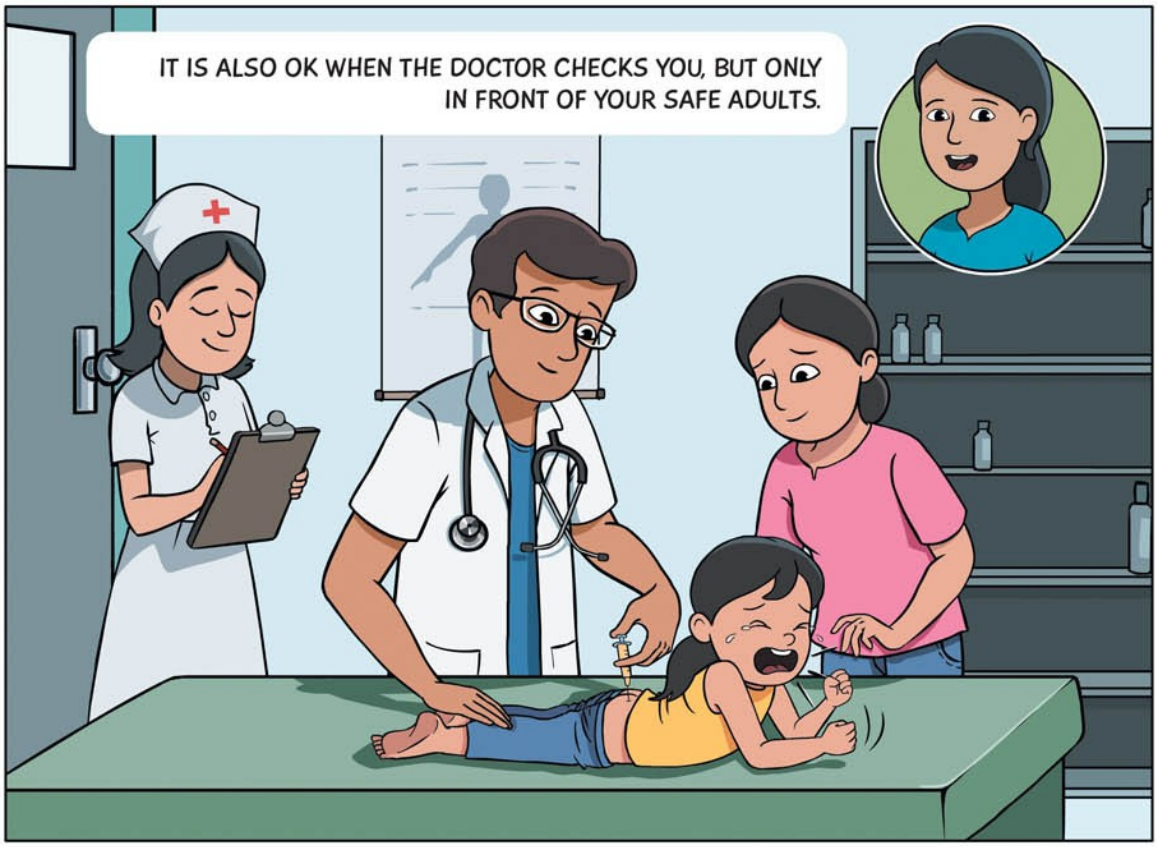
BUT WHO IS A SAFE ADULT?
A SAFE ADULT IS SOMEONE YOU TRUST AND FEEL SAFE WITH. THEY TAKE CARE OF YOU AND PROTECT YOU.

EVERYBODY'S SAFE ADULTS ARE DIFFERENT. CAN YOU TELL ME WHO YOUR SAFE ADULTS ARE?
YES!


AT HOME, MOM AND DAD ARE OUR SAFE ADULTS BECAUSE YOU HELP US AND PROTECT US!

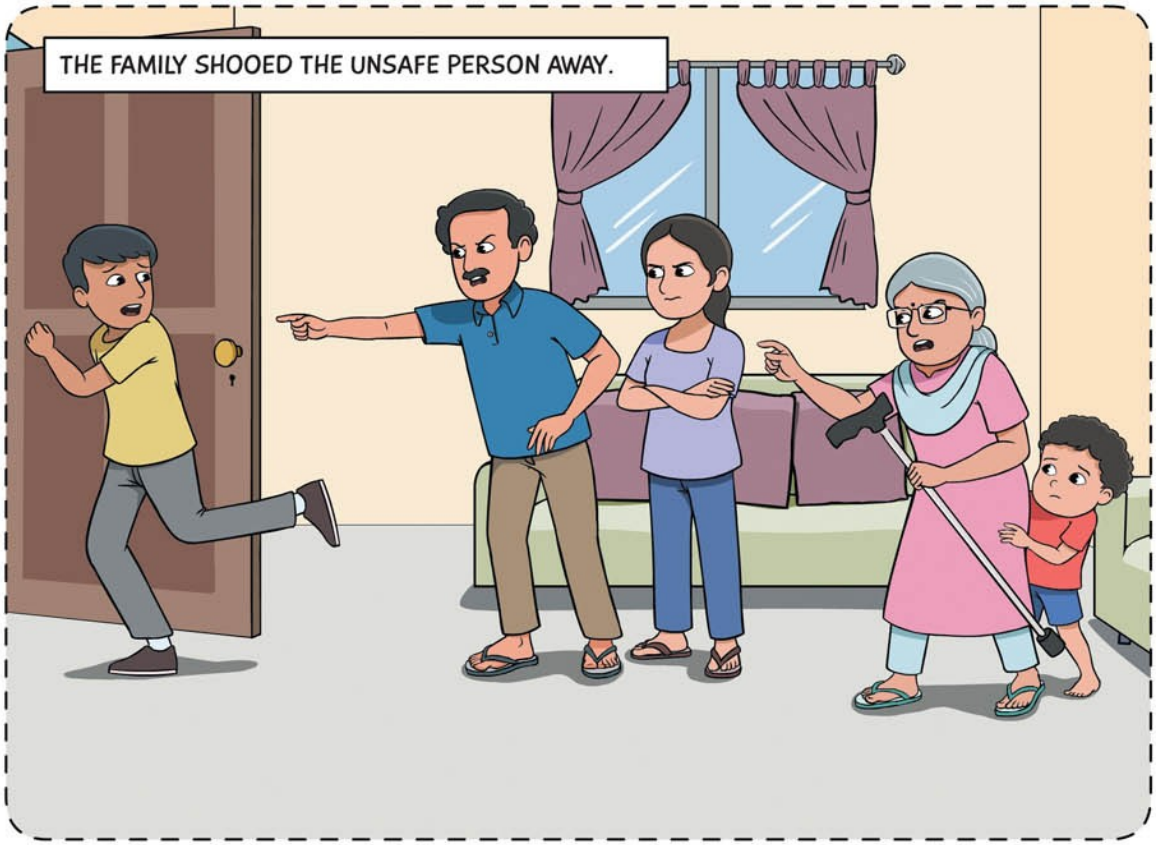
IN SCHOOL, MY SAFE ADULT IS MY TEACHER. SHE HELPS ME AND PROTECTS ME. I FEEL SAFE WITH HER.
A B
D E
G H
VERY GOOD! BOTH OF YOU ARE SO SMART!
INDEED!
OK, NOW IT'S TIME FOR YOUR BATH!

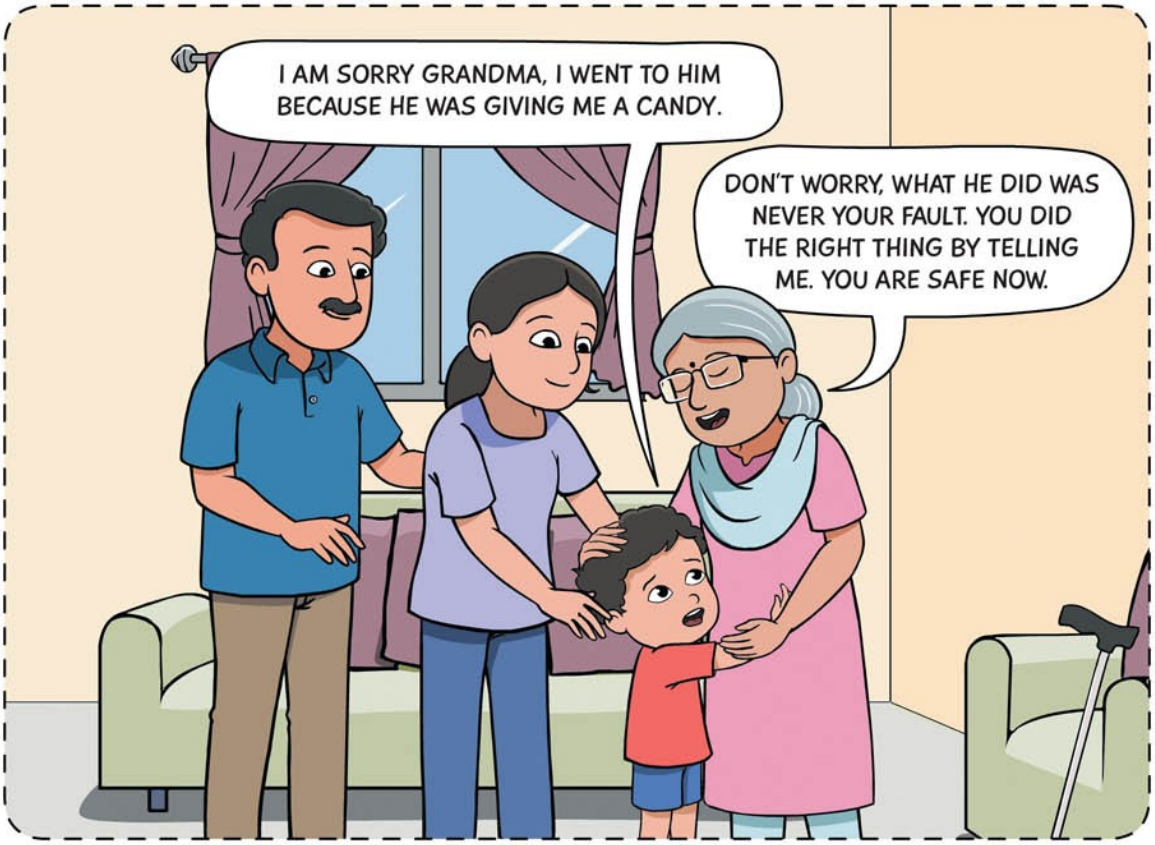

SOMETIMES YOU NEED HELP FROM A SAFE ADULT TO WASH AND CLEAN YOUR PRIVATE BODY PARTS. THAT IS OK.

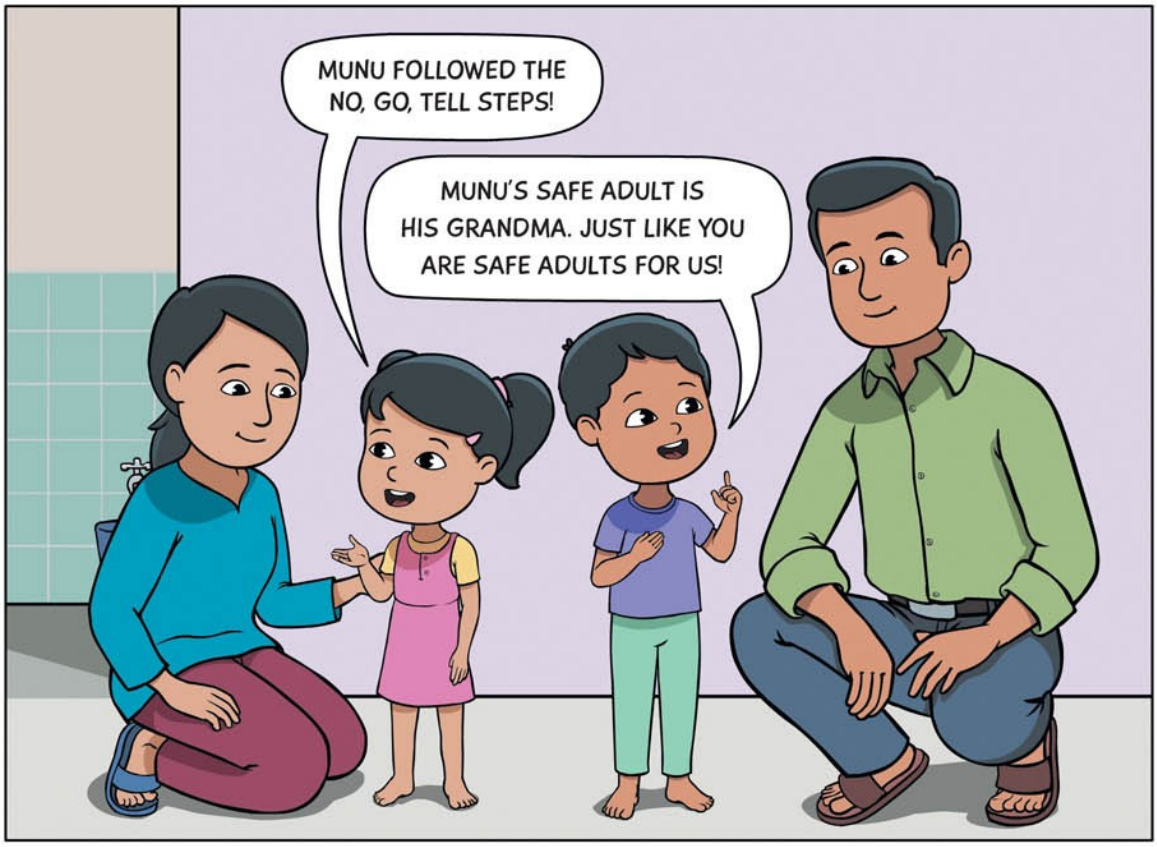

IT IS ALSO OK WHEN THE DOCTOR CHECKS YOU, BUT ONLY IN FRONT OF YOUR SAFE ADULTS.

REMEMBER HOW MUNU GOT TRICKED BY AN UNSAFE ADULT?
HEY, MUNU! LOOK I HAVE A CANDY FOR YOU. DO YOU WANT IT?
YES!
OK, THEN LET'S GO TO YOUR ROOM.
IN MUNU'S ROOM.
DON'T TELL ANYONE.
OH NO! HE IS TRYING TO TOUCH MY PRIVATE BODY PARTS. HE IS UNSAFE.

NO!
I BETTER GO AWAY FROM HIM AND TELL GRANDMA RIGHT NOW!
GRANDMA! JAY UNCLE TOUCHED MY PRIVATE BODY PARTS. HELP ME.


THE FAMILY SHOOED THE UNSAFE PERSON AWAY.


I AM SORRY GRANDMA, I WENT TO HIM BECAUSE HE WAS GIVING ME A CANDY.
DON'T WORRY, WHAT HE DID WAS NEVER YOUR FAULT. YOU DID THE RIGHT THING BY TELLING ME. YOU ARE SAFE NOW.


MUNU FOLLOWED THE NO, GO, TELL STEPS!
MUNU'S SAFE ADULT IS HIS GRANDMA. JUST LIKE YOU ARE SAFE ADULTS FOR US!

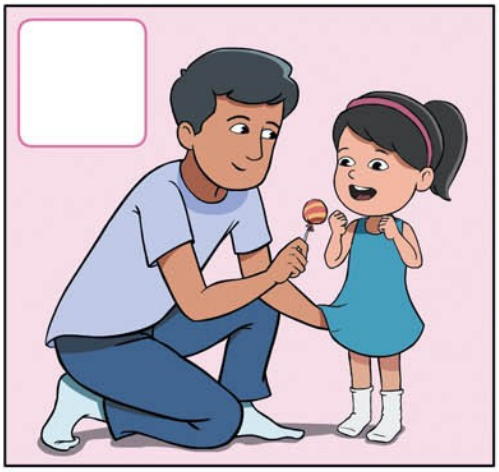
YES, WE WILL ALWAYS KEEP YOU SAFE, HELP YOU AND AND BELIEVE YOU.

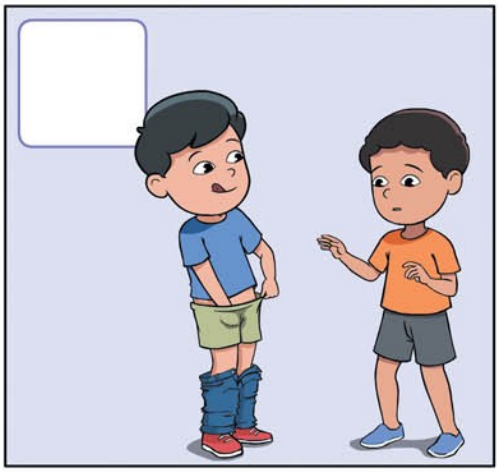
WORKSHEET

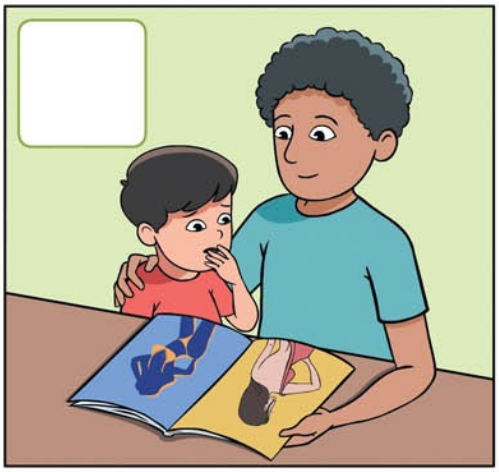
My name is _____. I am ____years old.

My safe adults are _____.

Put a ✗ on the unsafe situation and a ✓ on the safe situation







NOTES FOR PARENTS AND TEACHERS - 1

What should parents and teachers know:

In over 90% of cases, child sexual abusers are individuals who are already familiar to the child. They take advantage of the fact that they are close to the child or to the family.

However, an abuser is unlikely to approach a child who is aware about unsafe situations and knows what to do in such a situation, as the abuser is always afraid of being caught.

Prepare your child:

- Teach correct names of the private body parts and do not associate them with shame or punishment.
- Provide the child with examples of different situations and help them distinguish between what is safe and what is unsafe.
- Teach the child that it is absolutely okay to say "NO" even to a grown-up if they feel uncomfortable or unsafe.
- Tell the child, an unsafe person can also be someone they know. But instead of indicating that they are surrounded by danger, teach them that they are strong, capable, and can count on you to keep them safe.
- Teach the child not to keep any secrets, no matter what anyone says. Let the child know that it is never their fault if such an incident happens. Help your child make a list of 3-5 safe adults whom they can trust and who can offer support and assistance whenever necessary.

NOTES FOR PARENTS AND TEACHERS - 2

Your role and responsibility:

- Maintain open and positive communication with the child on a daily basis.
- Take note of individuals such as other children in the family, caregivers, house help, relatives who regularly interact with the child. It is important to sensitize them about appropriate and inappropriate interaction to prevent any unintentional inappropriate behavior towards the child.
- If you observe any change in the child's behaviour, identify the underlying cause, to ensure the safety of the child.

What to do when your child tells you about an abuse?

1. **Stay calm** and show genuine interest. Don't appear angry or shocked as the child might believe that your reaction is directed at them. This can discourage them from discussing about the abuse.
2. **Assure and reassure** the child that they did the right thing by informing you and you'll protect them at all cost. Tell the child that this is not their fault.
3. **Listen carefully** and believe what the child says. Children rarely lie about such matters. They also might not reveal everything in the initial conversation. Let the child know that you are a safe and trustworthy person to talk to and they can talk with you any time they want.
4. **Restore safety** by ensuring that the abuser doesn't have unsupervised access to the child anymore. If you are a teacher or a caregiver, inform the child's parents as well as the school authorities and plan the right course of action in consultation with them to avoid reoccurrence of such incident.
5. **Seek medical assistance** from the child's paediatrician or the family doctor to check for any external or internal injuries. Sexual abuse can cause internal injuries that you can't see. A medical exam will ensure proper treatment for the child.

Childline 1098 is a 24-hours a day, 365 days a year, free, emergency phone service for children in need of aid and assistance.

More information available at www.childlineindia.org